



YOUR GOAL: TRY PORTION CONTROL TIPS DAILY

Five Quick Portion Control Tips

1. Use the food label to identify serving sizes and stick to ONE serving.
2. Replace a can of soda with a diet soda or bottled water.
3. When dining out, share a meal or take home half of your meal to enjoy the next day.
4. Make sandwiches open-faced (eliminating one slice of bread).
5. Learn to approximate portions (visualizing the portion cues below or a portion controlled frozen prepared meal tray can help you to do this) so that you can make smart food choices.

PORTION CUES

Deck of cards =	3 oz of meat, fish or chicken
Baseball =	1 cup of cooked pasta or rice
CD =	1 serving of bread
Fist =	1 serving of fruits or vegetables
Thumb =	1 serving of cheese (about 1oz)

EAT SMART: PORTION CONTROL

Why consider portion control? The amount of calories you consume each day affects your weight and health. Larger food portions will usually contain more calories. Over-consumption of calories may lead to weight gain and it is clear that overweight can increase your risk for weight-related diseases such as obesity, diabetes and heart disease.

In addition to focusing on balanced meals that contain a variety of foods, embracing suitable portion sizes is an important step in achieving an overall healthy lifestyle.

What should you do when you know your portions have exceeded your goal?

It is very easy to overdo portions and eat more than you need, especially when you are dining out or experiencing a special occasion with family and friends. It is important to recognize these occasions by balancing a day where you may over-eat with increased physical activity (take more steps and track this with your step counter) or simply eat less at the next meal. Most importantly, you must remember that your total diet and exercise regime balanced over several days is what counts.

What is the difference between a portion and a serving?

A portion is the amount of food you choose to eat and a serving is the standard unit of measure. The portion you choose may often contain more than the established serving size which ultimately means you can consume more calories. The Nutrition Facts label will help guide your understanding of the “appropriate” amount of a particular food.

How can you watch your portion size?

- Place food on smaller plates which gives the eye appeal of more food.
- Be sure that you incorporate fresh or frozen vegetables for every lunch and dinner meal. Vegetables are delicious, packed with nutrition, often low in calories and provide a lot of bulk and fiber.
- Select frozen prepared meals that have “portion control” built right in.
- Select single-serve portions for snacks and desserts. Always use the food label to be sure you are accurately selecting your portion.
- If you select a food from a large container or bag, serve yourself one portion and put the rest away.
- Eat slowly and enjoy your meals. Research has shown it takes approximately 20 minutes for your stomach to signal that it is full.
- Keep snacking to a minimum. If you choose snacks, try to select fresh fruits or vegetables.

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